Unit 2 Let's get fit!



Scope and Sequence: المحتوى والتسلسل

Vocabulary المفردات اللغوية	arm, face, foot / feet; head, leg, tooth / teeth; wing, claw, beak; old, young, tall, short; keep fit, healthy, unhealthy, fast, slow
Language اللغة	I am tall and young. He never eats sugar. It always flies. My brother talks a lot.
Phonics الصوتيّات	/oo/ : foot , book , wood /all/ : tall , wall , small , ball /ee/ : feet , green , tree
Life skills المهارات الحياتية	- Decision-making: Making healthy food and exercise choices - Problem-solving: Identify the problems associated with eating unhealthy food and not taking regular exercise
Issues and challenges القضايا و التحديات	- Preventative health: Washing fruit and vegetables; understanding connection between physical activity and good health
Integrated cross-curriculum topics التكامل عبر موضوعات المنهج	- Science: Ask questions based on observation to learn more: Life cycles of plants, birds and animals

Unit (2) Let's get fit!

Part (1) P. (16 - 18)

arm ذراع	face وجه	foot قدم	feet أقدام
leg ساق	tooth سنَّة	teeth أسنان	head رأس
wing جناح	beak منقار	talons/claws مخالب (النسر)	feathers ريش

Vocabulary:

small	صغير الحجم	slow	بطيء	hoopoe	هدهد
big	كبير الحجم	fast	سريع	insect	حشرة
young	صغير السن	giraffe	زرافة	spiders	عناكب
old	كبير السن	tall	طويل	sleep	ينام
black	أسود	long	طويل (أفقي)	run	يجري
white	أبيض	thin	نحيف - رفيع	help	يساعد
tortoise	سلحفاة	crocodile	تمساح	find	يجد

Who am I?

Reading: *(SB P. 18)*

Hoopoes are small birds. They have orange, black and white **feathers**. They have long, thin beaks. Their beaks help them find insects and spiders to eat.

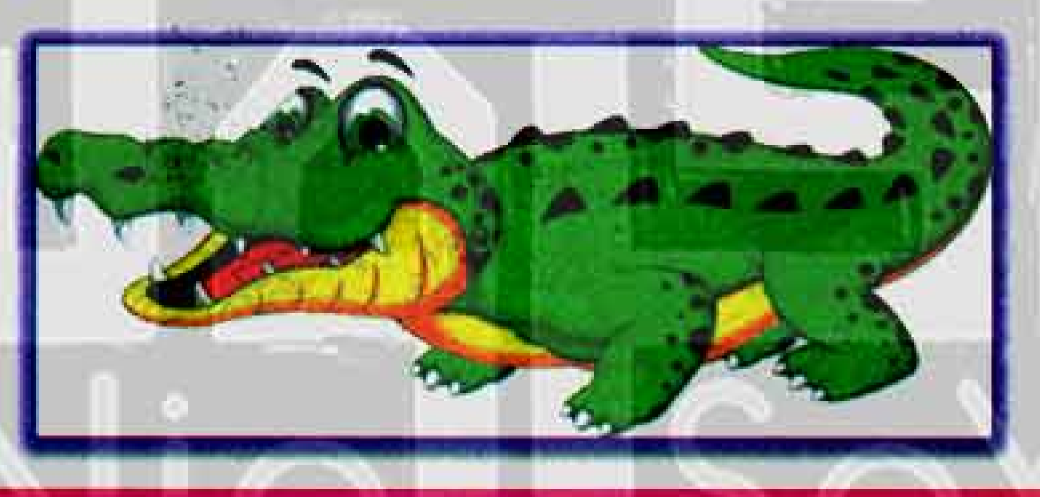




Study the following:



It has feet!



1. Do crocodiles have wings?
2. No, they don't.
3. Correct!
4. Do crocodiles have claws?
5. Yes, they do.
6. Correct!



Unit (2) Let's get fit!

Language Focus

Verb to have (لديه / يمتلك)

have	has
I, You, We, They, A plural noun → have	He, She, It, A singular noun → has

- My cat has three black feet.
- Hoopoes have beaks.



Underline the correct word(s) in brackets:

1) My tortoise (have – has – having) four short legs.
2) I (have - has – having) two arms.
3) She (has – have – having) two feet.
4) (She – He – We) have teeth.
5) Birds (has – have – having) wings.
6) The lion (has – have – having) claws.

Who am I?

Questions

Do +	I / you / we / they / a plural noun	+ have ......?	

➤ Do crocodiles have claws? ☺ - Yes, they do.

➤ Do crocodiles have wings? ☹ - No, they don't.

Does +	he / she / it / a singular noun	+ have ...?

➤ Does a giraffe have legs? ☺ - Yes, it does.

➤ Does a cat have feathers? ☹ - No, it doesn't.



Underline the correct word(s) in brackets:

1) Do elephants (has – having – have) beaks?
2) (Does – Are – Do) hoopoes have wings?
3) (Do - Does – Is) a giraffe have feathers?
4) Do ducks (have – has – having) feet?
5) Yes, it (does – doesn't – don't).





Unit (2) Let's get fit!



Activities

1 Read and match:

1) It has a beak.
2) These are teeth.
3) It has four legs.
4) A crocodile has claws.

a b c d

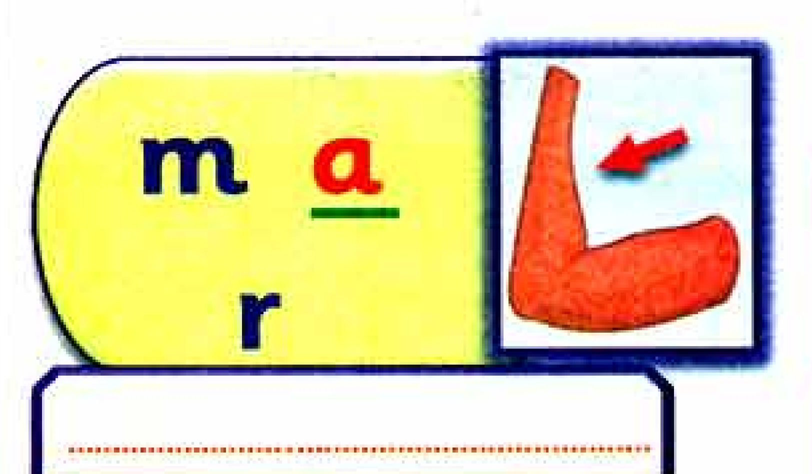
2 Supply the missing letter(s) in the following word(s):

t_ _th
t_l_ns
to_t_ise
el_ph_nt
cr_co_ile
sl_ _p
f_at_er
g_raf_e

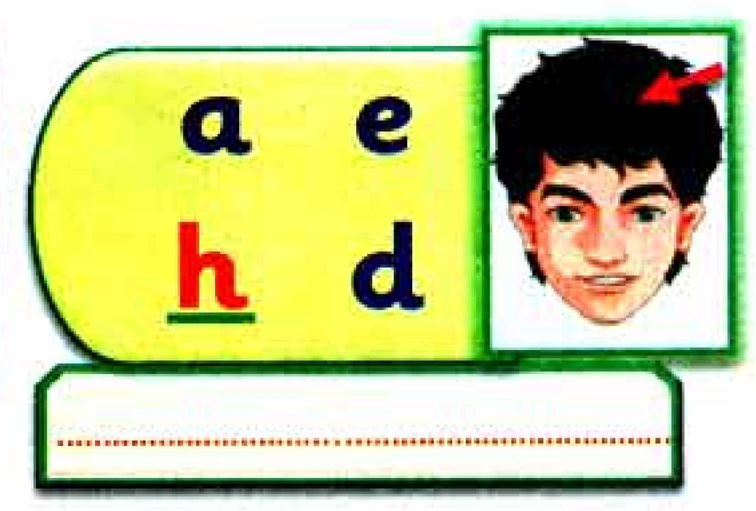
3 Make a word:

g l e
b e a k
i g w n

Who am I?









4 Underline the correct word(s) in brackets:

1) My tortoise is old and (tall – slow – fast).
2) I have two (heads – arms – beaks).
3) Cats have (claws – wings – beaks).
4) Do camels (has – having – have) ears?
5) Birds (has – have – having) feathers.



5 Rearrange the following sentences:

1) have – Ducks – beaks – .

....

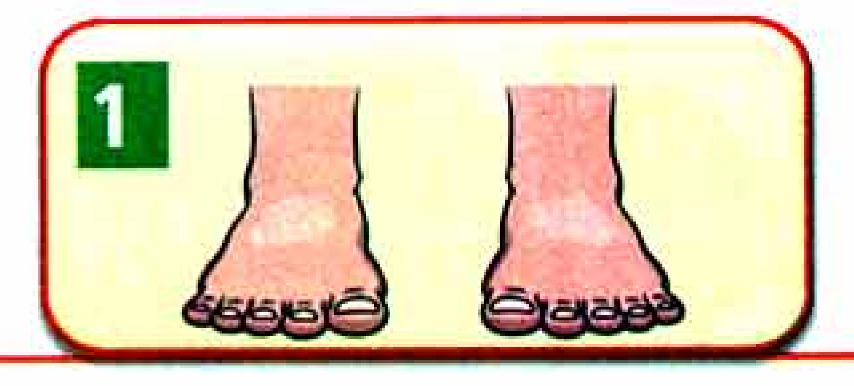
2) have – legs – I – two - .

....



6 Look at the pictures and complete with:

(beak - feet - arms)





These are ....

It has a ....









Unit (2) Let's get fit!

Part (2) P. (19 - 20)





short قصير	tall طويل	old كبير السن





young صغير السن	slow بطيء	fast سريع

Vocabulary:

take the bus	يركب الأتوبيس	man	رَجُل
swim in the sea	يسبح في البحر	woman	امرأة
walk to school	يمشي للمدرسة	baby	طفل رضيع
eat breakfast	يأكل الإفطار	bicycle	درَّاجة
do my homework	أقوم بعمل واجبي	How often ...?	كم مرة ...؟
go to the park	يذهب إلى الحديقة	every day	كل يوم
play on the swing	يلعب على الأرجوحة		

Reading: *(SB P. 19)*

1. He's **tall**. He's **fast**.
He's **tall** and **fast**.

2. She's **short**. She's **slow**.
She's **short** and **slow**.

3. He's **young**. He's **fast**.
He's **young** and **fast**.

4. She's **old**. She's **slow**.
She's **old** and **slow**.





Who am I?

Language Focus



نستخدم " How often " للسؤال عن عدد مرات تكرار الفعل.

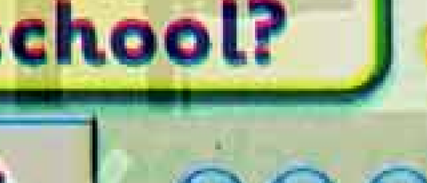
➢ How often do you play football?

و نستخدم في الإجابة الكلمات الآتية:

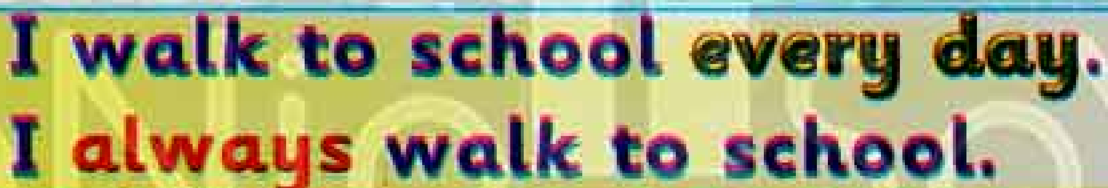
always ⊗⊗⊗⊗	دائمًا	usually ⊗⊗⊗	عادةً
often ⊗⊗	غالبًا	sometimes ⊗	أحيانًا
never ———	أبدًا		

Study the following:

How often do you walk to school?



I walk to school every day.
I always walk to school.



I usually walk to school. On Wednesday, I take the bus.



I often walk to school.



I sometimes walk to school.



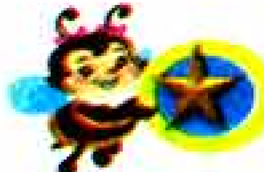
I never walk to school.







Practice



Look at the pictures and complete with:

(always – usually – often – sometimes – never)



1. She .... walks to school.



2. He .... swims in the sea.



3. He .... goes to the park.



4. She .... plays on the swing.



5. I .... do my homework.

Who am I?

Activities

1 Read and match:



1) The woman is short.
2) The baby is young.
3) The man is fast.
4) The car is fast.

a b c d

2 Supply the missing letter(s) in the following word(s):

t_l_   _h_rt   f_st   s_ _w

o_d   y_ _ng   m_n   w_m_n

3 Make a word:

y b b a ....

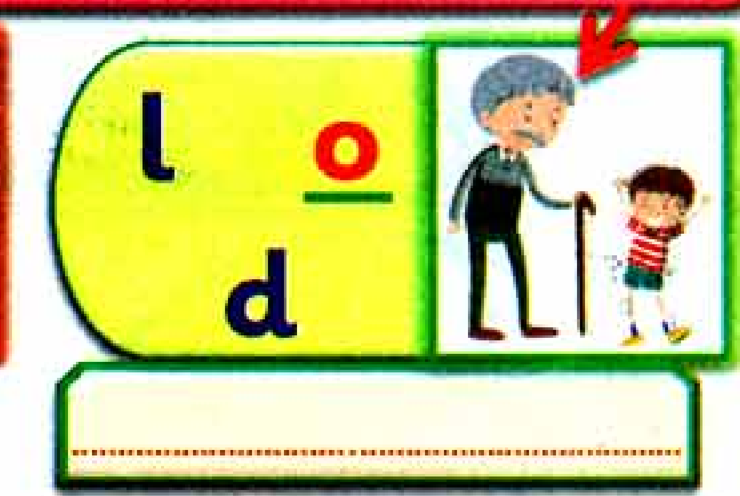
l s w o ....

h t r s o ....

Unit (2) Let's get fit!









4 Underline the correct word(s) in brackets:

1) How (always – never – often) do you walk to school?
2) She likes fish a lot. She (never – always – doesn't) eats it.
3) He isn't tall. He is (fast – old – short).
4) I'm not (old – slow – fast). I'm young.
5) The baby is (old – young – tall).

5 Rearrange the following sentences:

1) and – He's – fast – tall – .

....

2) old – slow – She's – and – .

....

6 Look at the pictures and complete with:

(always - fast - baby)





The car is ....

The .... is young.





Who am I?

Part (3) P. (21 - 22)





long
طويل (أفقي)

funny
مُضحك / مَرِح

pretty
جميل







parrot
ببغاء

frog
ضفدع

butterfly
فراشة







grandmother (grandma)
جدة

mom (mommy)
أم

dad (daddy)
أب











Unit (2) Let's get fit!

Vocabulary:

drink tea	يشرب الشاي	wise	حكيم
basketball	كرة السلة	kind	طيب / عطوف
football	كرة القدم	fly	يطير
sleep a lot	ينام كثيرًا	swim	يسبح (يعوم)
eat plants and grass	يأكل النباتات و الحشائش	talk	يتكلم
have no legs	ليس لديه أرجُل	leaves	أوراق الشجر
live in the desert	يعيش في الصحراء	jump	يقفز

Reading: *(SB P. 21)*

1



This is my grandmother. She's **old** and **kind**. She's very **wise**. She always drinks tea!

2



This is my brother. He's **tall** and **funny**. He has **long** arms and legs. He often plays basketball.

3



This is my baby sister. She's **young**. She sleeps a lot. She has one tooth!

4



This is my daddy. He's **tall** and **kind**. He sometimes plays football. He often walks in the park.

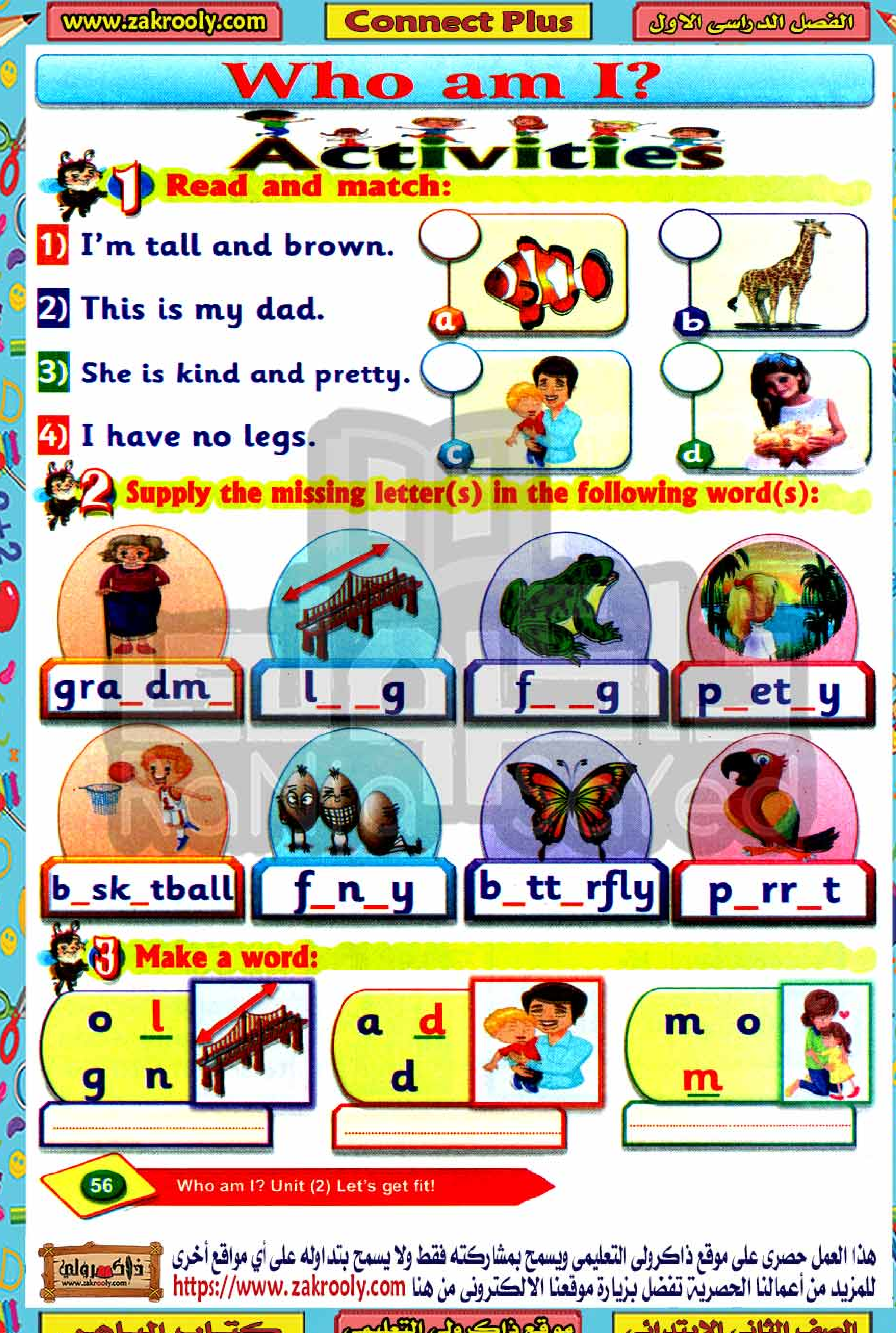
5



This is my mommy. She's **kind** and **pretty**. She usually walks to school with me.

Who am I?

Activities



1 Read and match:

1) I'm tall and brown.
2) This is my dad.
3) She is kind and pretty.
4) I have no legs.

a b c d

2 Supply the missing letter(s) in the following word(s):

gra_dm_ | l_ _g | f_ _g | p_et_y

b_sk_tball | f_n_y | b_tt_rfly | p_rr_t

3 Make a word:

o l g n ....

a d d ....

m o m ....

Unit (2) Let's get fit!

a t
l l

....

n u y
n f

....

r g
f o

....

4 Underline the correct word(s) in brackets:

1) My grandma is (old – fast – long) and kind.
2) My baby sister is (long – young – old) and pretty.
3) A fish (never – doesn't – always) swims.
4) A (frog – giraffe – fish) is tall.
5) I'm a butterfly. I (talk – fly – run).

5 Rearrange the following sentences:

1) school – She – walks – to – usually – .

....

2) funny – and – He's – tall – .

....

6 Read and mark (T) or (F):

My grandmother is old and kind. She's very wise. She always drinks tea! My baby sister is young. She sleeps a lot. She has one tooth!

	T	F
1) My grandma is young.		
2) My grandma always drinks tea.		
3) My baby sister sleeps a lot.		
4) My baby sister is wise.		



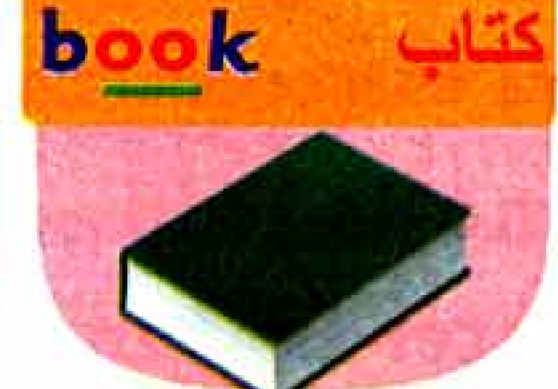
Who am I?

Part (4) P. (23 - 25)

Phonics

























Healthy or Unhealthy

healthy	صحي / بصحة جيدة	fit	لائق بدنيًا
unhealthy	غير صحي	every night	كل ليلة
play sport	يمارس رياضة	with friends	مع الأصدقاء
sleep for 10 hours	ينام لمدة 10 ساعات	cake	كيك
watch TV	يشاهد التليفزيون	sugar	سكر
eat vegetables	يأكل خضروات	water	ماء
do exercise	يؤدي تمارين رياضية	athlete	لاعب رياضي
do gymnastics	يمارس رياضة بدنية		





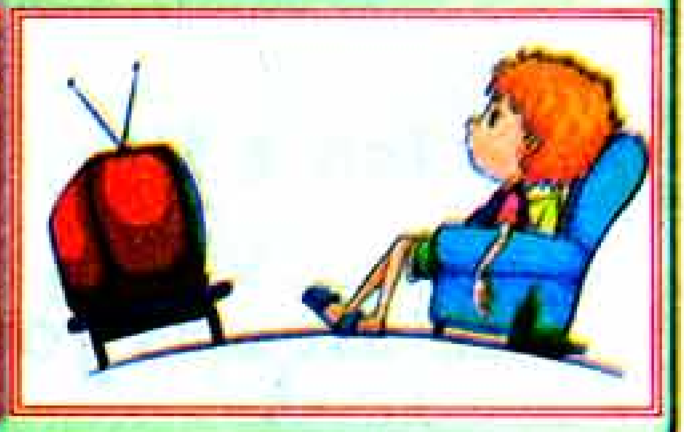
Unit (2) Let's get fit!

Reading: (SB P. 24)

1 Jana is healthy and fit. She usually eats healthy food. She does lots of exercise. She plays sport with her friends. She sleeps for 10 hours every night.



2 Sherif is unhealthy. He isn't fit. He often eats unhealthy food. He doesn't do lots of exercise. He usually watches TV. He sleeps for 5 hours every night.



Reading: (SB P. 25)



Habiba Marzouk is an athlete. She does gymnastics every day. Habiba is healthy. She always eats healthy food. She always has healthy drinks.

What does she eat and drink?

Read and learn:

Are you healthy?

Yes, I am.

What do you do?

I do exercise.

Do you usually eat healthy food?

Yes, I do.

How often do you do exercise?

I do exercise every day.



Who am I?

Activities

1 Read and match:

1) She is healthy and fit.
2) He usually watches TV.
3) He isn't fit.
4) She sleeps for 6 hours.

a b c d

2 Supply the missing letter(s) in the following word(s):

w_t_h TV | g_mnas_ics | h_al_hy | u_he_lthy

w_ _d | t_e_ | w_ _l | a_hl_te

3 Make a word:

o b k o ....

a w l l ....

m l l s a ....



Unit (2) Let's get fit!

o f t o	e r e t	e r n g e
....	....	....

4 Underline the correct word(s) in brackets:

1) Jana is healthy and (foot – fat – fit).
2) He usually (watches – eats – drinks) TV.
3) She does lots of (sleep – food – exercise).
4) Do you eat (health – healthy – tall) food?
5) She plays (exercise – sport – weather) every day.

5 Rearrange the following sentences:

1) exercise – She – of – lots – does – .

....

2) eat – I – food – healthy – usually – .

....

6 Read and mark (healthy) or (unhealthy):

	healthy	unhealthy
1) I never eat vegetables.	☐	☐
2) I eat fruit every day.	☐	☐
3) I drink lots of water.	☐	☐
4) I eat lots of sugar.	☐	☐

Who am I?

Part (5) P. (26 - 28)



Wash your hands.
اغسل يديك



Wash fruit and vegetables.
اغسل الفاكهة و الخضروات



Clean your teeth.
نظف أسنانك



Do exercise.
قم بعمل تمارين



Play with friends.
العب مع الأصدقاء



Eat healthy food.
كُلْ طعامًا صحيًا



Drink lots of water.
اشرب ماءًا كثيرًا



Sleep for 10 hours a day.
نَم 10 ساعات في اليوم





Unit (2) Let's get fit!

Vocabulary:

need	يحتاج	drink	يشرب	hours	ساعات
be fit	يكون لائق بدنيًا	clean	ينظف	play	يلعب
sunshine	شروق الشمس	want to	يريد أن	sleep	ينام
How many …?	كم عدد …؟	wash	يغسل	eat	يأكل
exercise	تمرين رياضي	hands	أيدي	friends	أصدقاء
fresh air	هواء نقي	water	ماء	happy	سعيد

Study the following:



I want to be fit and healthy. What can I do?



Eat healthy food. Do exercise.



We need to be fit and healthy. We want to be happy. What do we need?



We need to sleep every night.

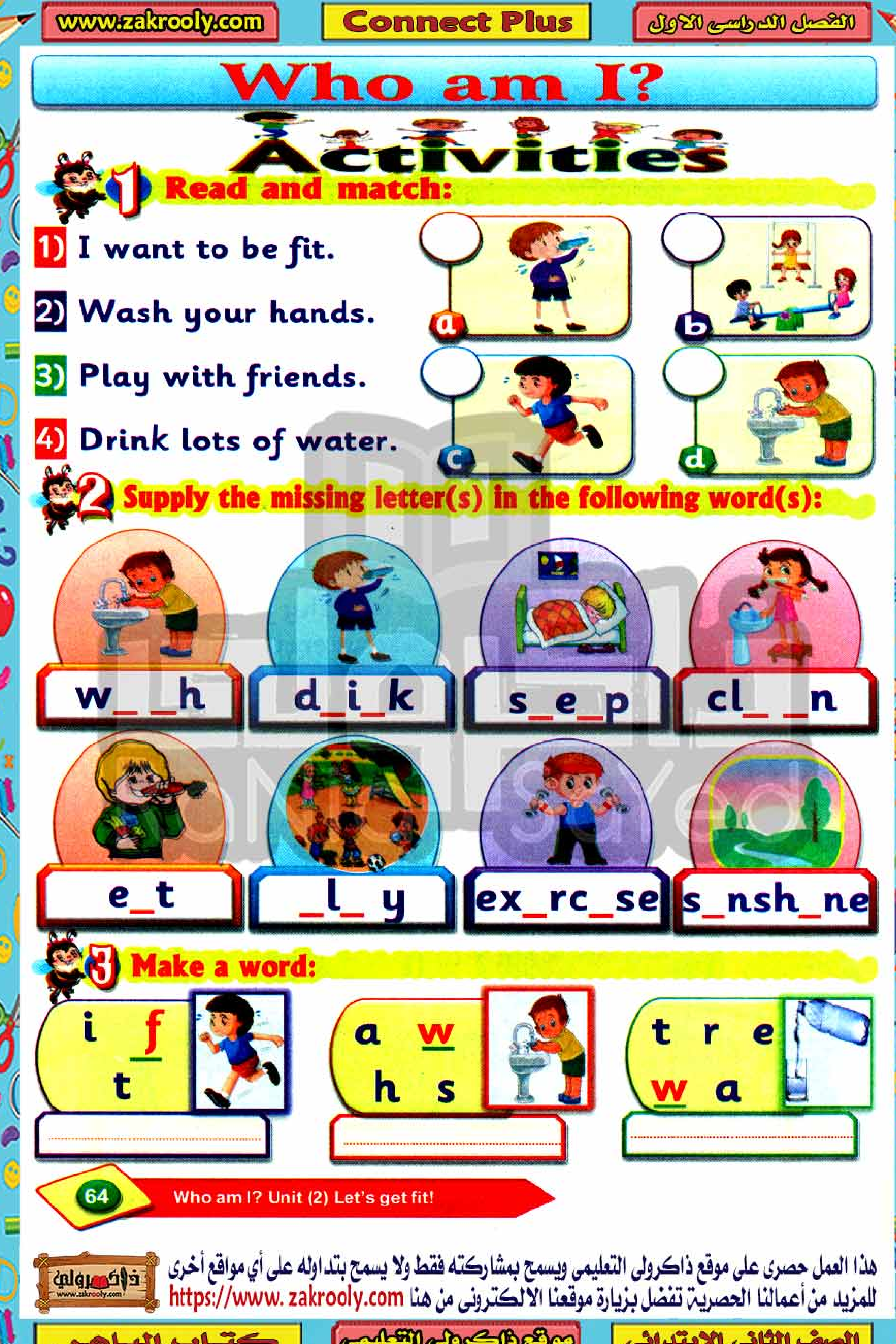


What do we need?



We need sunshine and fresh air.

Who am I?



Activities

1 Read and match:

1) I want to be fit.
2) Wash your hands.
3) Play with friends.
4) Drink lots of water.

a b c d

2 Supply the missing letter(s) in the following word(s):

w_ _h   d_i_k   s_e_p   cl_ _n

e_t   _l_y   ex_rc_se   s_nsh_ne

3 Make a word:

i f t ....

a w h s ....

t r e w a ....



Unit (2) Let's get fit!

....
....
....

4 Underline the correct word(s) in brackets:

1) Do you (play – eat – drink) healthy food?
2) I usually drink (water – hands – sunshine).
3) How (never – always – often) do you do exercise?
4) I (wash – play – clean) basketball with my friends.
5) Clean your (teeth – hours – exercise).

5 Rearrange the following sentences:

1) you – a lot – Do – of – water – drink – ?

....

2) we – do – What – need – ?

....

6 Read and match:

1) Wash your — a) with friends.
2) Play — b) healthy food.
3) Eat — c) 10 hours a day.
4) Sleep — d) hands.

7 Copy the following sentence:

We need water.

....

Review Based On Unit (2)

Review Based On Unit (2)

Body Parts

arm	ذراع	leg	ساق	beak	منقار
head	رأس	talons	مخالب(النسر)	claw	مخلب
wings	جناح	foot/feet	قدم / أقدام	face	وجه
feathers	ريش	tooth/teeth	سِنّة / أسنان		

Animals / Birds

cat	قطة	fish	سمكة	tortoise	سلحفاة
crocodile	تمساح	snake	ثعبان	giraffe	زرافة
frog	ضفدع	elephant	فيل	parrot	ببغاء
lion	أسد	duck	بطة	camel	جمل

Adjectives

fast	سريع	slow	بطئ	pretty	جميل
healthy	صحي	unhealthy	غير صحي	wise	حكيم
young	صغير السن	old	كبير السن	small	صغير الحجم
short	قصير	tall	طويل	fit	لائق بدنياً
kind	طيب / عطوف	funny	مَرِح / مضحك		

Phrases and Expressions

watch TV	يشاهد التليفزيون	walk to school	يمشي للمدرسة
do exercise	يمارس تمارين رياضية	do homework	يعمل الواجب
eat healthy food	يأكل طعاماً صحياً	eat breakfast	يأكل الافطار
swim in the sea	يسبح في البحر	take the bus	يركب الأتوبيس
play with friends	يلعب مع الأصدقاء	play sport	يلعب رياضة





Review Based On Unit (2)

Phonics

oo	➔	foot	book	wood	
all	➔	tall	wall	ball	small
ee	➔	feet	tree	green	teeth

Language Focus

Verb to have (لديه / يمتلك)

have

I, You, We, They, A plural noun } have

has

He, She, It, A singular noun } has

- Crocodiles have teeth.
- A cat has four legs.

How often .....? كم مرة ......؟

⊂ نستخدم " How often " للسؤال عن عدد مرات تكرار الفعل.

➤ How often do you play football?

⊂ و نستخدم في الإجابة الكلمات الآتية:

always ⊗⊗⊗⊗	دائمًا	usually ⊗⊗⊗	عادة
often ⊗⊗	غالبًا	sometimes ⊗	أحيانًا
never ———	أبدًا		

➤ How often do you do exercise? - I always do exercise.



Test Based On Unit (2)

Test Based On Unit (2)

1 Read and match:

1) My tortoise is old and slow.
2) My grandma is old.
3) He is healthy and fit.
4) A parrot has a beak.

a b c d

2 Supply the missing letter(s) in the following word(s):

h_al_hy   s_e_p   t__th   y_u_g

3 Make a word:

c f a e ....

n w i g ....

s f a t ....

4 Underline the correct word(s) in brackets:

1) A giraffe has four (wings – feather – legs).
2) I have two (arms – faces – heads).
3) How (sometimes – usually – often) do you walk to school?

Test Based On Unit (2)

5 Rearrange the following sentences:

1) always - I - water - drink - .

....

2) is - and - old - He - short - .

....

6 Look at the pictures and complete with:

(foot - young - usually)

1 I .... do exercise.

2 The baby is ....

7 Read and mark (T) or (F):

I have a cat and a parrot. My cat is small and young. It has four legs. My parrot has pretty feathers. It has two legs and a beak.

	T	F
1) I have a dog.		
2) My cat is young.		
3) My parrot has four legs.		
4) My parrot has a beak.		

8 Copy the following sentence:

I always keep fit.

....